

Personal Finance

10 Thoughts Financially Limiting You

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Introduction

Building wealth isn't only an income thing. It's a psychological thing.

I was broke for a large part of my life, but I still always felt like I had more than enough. I operated with an abundance mentality and avoided (as much as possible) limiting financial thoughts and beliefs.

What are your philosophies around money?

How would you describe your relationship with money: positive or negative?

Do you feel like there is never enough?

Do you live paycheck to paycheck?

Do you spend more than you earn?

Do you experience frequent financial anxiety?

Do you feel like you're chasing money?

This read will dive into ten financially limiting thoughts likely impeding your financial results.

Let's eradicate and transform your foundation to build wealth.

Ready? Let's go.

Chapter 1: There Isn't Enough For Everyone

There Isn't Enough For Everyone

What you believe is true. If you believe there is not enough, you're right.

We create our results. We create our destinies. We create our circumstances with our thoughts.

If you believe there is not enough for everyone, then there won't be enough for you.

Re-frame the thought "There isn't enough for everyone." to "There is more than enough for everyone, including me."

Chapter 2: I Need That Next Paycheck

I Need That Next Paycheck

People who look for that next paycheck frequently live above their means.

People who live above their means frequently have a lack or fear-based mentality; they consistently mismanage their resources.

When you live without fear, you manage your resources well and effectively. You align your habits with your thoughts. You have more than enough. You only buy what you need. You don't overconsume because you don't need to.

Re-frame the thought, "I need that next paycheck," to "I'm always ahead." You don't need your next paycheck because you always have more than enough.

Chapter 3: I'm Stuck On This Train

I'm Stuck On This Train

Ever feel stuck in the rat race? Ever feel like you can't escape from the financial train? Do you ever feel like you're chasing money and don't know how to stop?

Do any of these describe you:

You're earning money, but it never seems to be enough. You're tired from working all the time. You're burnt out from work you don't enjoy. You're stressed out because you're not making enough income. You're afraid you'll run out of money or lose your job.

All of this is unproductive thinking. Sitting with yourself in silence and contemplation is the best action you can take when experiencing these thoughts and emotions. Then, consider what it is that you love doing most. Next, how can you monetize this passion? Finally, get creative, make a plan, and execute to position yourself to live and work how you most desire.

Too many people hate their lives and how they make their living. Don't be this person. Be the architect of your destiny and your life.

Re-frame the thought: "I'm stuck on this train" to "I'm in control of my financial destiny."

I experience financial freedom. I am not financially dependent on anyone or anything. I am the creator of my financial outcomes and my life.

Chapter 4: I Can't Earn More Income

I Can't Earn More Income

Let me tell you something:

You

Can.

You

Can

Earn

More

Income.

It's entirely up to you. If you want to earn six figures, you can. If you want to earn seven figures, you can. If you want to earn eight figures, you can. If you want to earn high five figures, you can.

Whatever you want to do is possible. Do you know why? Because many people have already earned the amount of income you desire. If one person can do it, so can you.

Get creative. As Earl Nightingale states, write down twenty ideas a day and explore each and every one of them until you hit the jackpot.

Through the years, I've had many income goals. I write it down, create an action plan, and execute it until I reach it.

Re-frame the thought "I can't earn more income" to "I can easily increase my income with my creative mental abilities and ideas."

Chapter 5: I Can't Afford That

I Can't Afford That

Yes

You

Can.

You

Can

Afford

It.

If you don't believe you can afford something, you won't be able to. In fact, you'll never be able to afford it.

So many people frequently say, "I can't afford that." or "I'll never be able to afford that." This is toxic language and will create this predicament for you. Start saying, "I can afford that." or "I choose not to make the purchase right now."

Switch up your language to re-wire how your brain approaches purchases that seem out of your comfort zone.

Re-frame the thought "I can't afford that" to "I CAN afford that" or "I choose to purchase that later."

Chapter 6: That's Expensive

That's Expensive

One of my least favorite phrases people use regarding money is "That's expensive." This is one of the most limiting phrases you can use. Avoid it.

Get comfortable with uncomfortable price tags. Stop limiting your financial abilities.

Re-frame the thought "That's expensive" to "That's affordable" or "That's within my price range."

Chapter 7: It's Hard Out Here

It's Hard Out Here

It's only hard if you think it's hard. It's only hard if you keep stating it's hard.

What you believe and say for yourself will become your reality.

Be careful of what you state is true for yourself.

People might say this phrase with jest, but they ultimately create a "hard" financial experience for themselves because of this statement.

Re-frame the thought "It's hard out here" to "It's easy out here" or "I'm always on top."

Chapter 8: Anything About Inflation

Anything About Inflation

Inflation will always increase, but it doesn't have to bother or affect you.

Become immune to inflationary rates and prices.
Simply ignore them and act as if they don't matter.

I know inflation rates are rising, but I never engage in all the negative discussions around inflation.

I don't track gas prices, but if gas is up, cool. If gas is down, cool. It doesn't matter.

Re-frame your negative thoughts regarding inflation.

Chapter 9: I Don't Know How To Make Money

I Don't Know How To Make Money

If someone held a gun to your head and told you to get x amount of dollars within 48 hours, I bet you'd like to figure out a few ways to make money quickly.

When we're forced to push through our limits, we make sh*t happen.

If you think you don't know how to make money or don't know how to increase your income, you're lying to yourself.

Re-frame the thought "I don't know how to make money" to "I know how to make money easily."

Chapter 10: Money Is Hard To Come By

Money Is Hard To Come By

One of my favorite affirmations is: Money comes easily and frequently.

Think, believe, and feel this affirmation to be true for you.

Avoid thinking money is hard to attain. Instead, focus on how easy it is to acquire money.

Re-frame the thought "Money is hard to come by" to "Money comes easily and frequently."

Thank You For Reading

Thank you for reading this book.

Stay loved, blessed, lucky, favored, aware, joyous,
enlightened, and committed to bettering yourself.